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Fall 9-1-2005

SCN 150N.02: Nutrition

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The University Of Montana

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SCN 150N-01/02

NUTRITION

Autumn 2005

Instructor: Nicole Olson, MS, RD

COURSE SYLLABUS

COURSE: SCN 150N-01

DATE: Fall, 2005

CREDITS: 3

PREREQUISITES: None

TEXT: Foundations and Clinical Application of Nutrition

Authors: Grodner, Long, DeYoung

Publisher: Mosby 2004

COURSE OVERVIEW:

This course is designed to provide a basic foundation knowledge of normal nutrition. Information from this course will be applicable to students' personal lives as well as to patient/client care.

This course includes the presentation of normal nutrients needed, digestion, and nutritional needs through the life cycle. Students will also be introduced to principles of medical nutrition therapy in relation to meeting the nutritional needs of various individuals with diverse backgrounds and medical conditions.

COURSE OBJECTIVES:

Upon completion of this course the student will be able to:

1. Identify nutrition needs throughout the life cycle.
2. Relate age, economics, culture, and state of wellness to planning for meeting nutritional needs.
3. Utilize nutrition information gained to improve personal nutritional status.
4. Identify measures for preventing foodborne illnesses.
5. Relate basic nutrition information to personal and clinical situations.

COURSE POLICIES:

Regular class attendance is expected and considered essential to learning the course material. Role will be taken at each class. A maximum of *two* absences will be allowed in a semester. Beginning with the *third* absence, a 1% reduction in the course grade will occur. Example:

<u>Total absences/semester</u>	<u>Course grade reduction</u>
0-2	0%
3	1%
4	2%
Etc.	

Test Make-up:

Missed tests need to be made up within one week of original date given. You are responsible for contacting the instructor to schedule a make-up. Failure to do so will result in a zero grade for the missed test.

GRADES:

Three unit exams (50 pts. each)=	150 pts.	A = 90-100
Final (non-cumulative)=	75 pts.	B = 80-89
Dietary self-eval. paper=	200 pts.	C = 70-79
Food label/Grocery store project=	50 pts.	D = 60-69
Fad Diet report/presentation=	50 pts.	F = <60
Research project/presentation=	75 pts.	
Video viewing/reaction=	25 pts.	

TENTATIVE TEST SCHEDULE:

Unit 1 (Chapters 1-5):	September 20 th
Unit 2 (Chapters 6-10):	October 13 th
Unit 3 (Chapters 11-15):	November 8 th
Final (Chapters 17-22):	TBA-during finals week December 12-16

TENTATIVE PROJECT DUE DATES:

Food label/Grocery store project:	September 15 th
Fad Diet report/presentation:	October 6 th & 11 th
Dietary self-evaluation project:	November 3 rd
Research project/presentation:	December 1 st , 6 th , & 8 th (dates to be assigned)

There will be no class held on the following dates:

Thursday Nov. 24 (Thanksgiving)

INSTRUCTIONS FOR DIETARY SELF-EVALUTATION

- 10 pts.** 1. Keep a one-week food diary using the exchange system format. (Exchange lists are in the back of the text for serving sizes.) Refer to the Diet Diary in syllabus.
- 10 pts.** 2. Evaluate this week's nutrition using *Nutrition Disc*.
- 40 pts.** a. Compare each day's intake to the Food Guide Pyramid.
- b. Did you get adequate, too little, too much nutrition each day? Each week?
- | | |
|--|----------------------------------|
| 1. Calories | 5. Eggs – How many? |
| 2. Vitamins – A, B's, C, K, D, E | 6. List non-meat protein sources |
| 3. Minerals – Calcium, Sodium, Potassium, etc. | 7. Fiber |
| 4. Fats (See item #4) | 8. Water |
| | 9. Exercise |
- 20 pts.** 3. What are the factors that determine why you eat the way you do? Family, culture, etc. ***Cover thoroughly.***
- 20 pts.** 4. Evaluate the fats in your diet.
- a. What kinds of fats do you consume?
- b. Approximately what percentage of your calories come from fat?
- c. Do you have more saturated fats or unsaturated fats in your diet?
- d. Where are sources of "hidden" fat in your diet? Identify these on your diary. Define "hidden" fat.
- 60 pts.** 5. Evaluate your nutritional status: include both positive and negative. Make your answer a discussion. If you were to eat the way you did this week for the rest of your life, what would be the likely result? ***Be specific and complete.***
- 30 pts.** 6. If you were to choose to make changes, what would they be and how could you go about making the changes? ***Be specific and complete.***
- 10 pts.** 7. Spelling, grammar, and form.

You must include each step in your written paper. This doesn't necessarily mean long, but it has to be complete. I will give points for each section based on these expectations.

Your paper must be typed. You must use proper grammar, spelling, etc. A messy paper may be handed back to you. Points will be deducted for grammar, spelling, and form.

No points are given for how wonderful your dietary intake is, and **no points** are deducted because your intake was far from ideal. This is nonjudgmental. Your grade is based on your evaluation and assessment skills and your ability to relate what you've learned in class to a real situation.

DIET DIARY

INSTRUCTIONS:

1. Record all food for one *week* – a bite, a pinch, a meal, a binge!!
 - a. Approximate amounts or weigh and measure
e.g., 2 cups corn, peas, green beans, etc.
oz. of milk, juice, water, etc.
oz. of hamburger or other meats
large apple, small orange
 - b. Casseroles must be evaluated by ingredients
e.g., 1 cup noodles
2 oz. tuna
Cream Sauce – 2 cups milk and 2 oz. cheese
 - c. Assess and count what and how you cook the food, e.g., fried in bacon grease, corn oil, margarine, poached, baked, grilled, etc.
2. Calculate the calories taken in – using *Nutrition Disc* or Food Comparison Tables or Exchange Lists in back of text. This is to be included in your written paper.
3. Estimate the calories you need daily to maintain your present weight using *Nutrition Disc* or method in text on pages 246-247, Tables 9-1 and 9-2. This is to be included in your written paper.

DAILY SYLLABUS

- **Aug. 30th – Introduction/syllabus review**
- **Sept. 1st – Chapters 1-2**
- **Sept. 6th – Chapter 3**
- **Sept. 8th – Chapter 4/video “Supersize Me” reaction/paper**
- **Sept. 13th – Chapter 5**
- **Sept. 15th – Grocery store project due/test review**
- **Sept. 20th – Unit 1 test**
- **Sept. 22nd – Chapter 6**
- **Sept. 24th – Chapter 7**
- **Sept. 27th – Chapter 8**
- **Sept. 29th – Chapter 9**
- **Oct. 4th – Chapter 10**
- **Oct. 6th – Fad Diet report/presentations**
- **Oct. 11th – Fad Diet report/presentations/test review**
- **Oct. 13th – Unit 2 test**
- **Oct. 18th – Chapter 11**
- **Oct. 20th – Chapter 12**
- **Oct. 25th – Chapter 13**
- **Oct. 27th – Chapter 14**
- **Nov. 1st – Chapter 15/dietary self eval question/answer period**
- **Nov. 3rd – Dietary self eval due/test review**
- **Nov. 8th – Unit 3 test**
- **Nov. 10th –Chapter 17-18**
- **Nov. 15th –Chapter 18-19**
- **Nov. 17th – Chapter 19-20**
- **Nov. 22nd – Chapter 20-21**
- **Nov. 24th – Thanksgiving-no class**
- **Nov. 29th –Chapter 21-22**
- **Dec. 1st – Research project/presentations**
- **Dec. 6th - Research project/presentations**
- **Dec. 8th - Research project/presentations/test review**
- **Dec. 12-16th – Finals week- final test date and time TBA**